

Shortcut Green Chile Corn Tamales with Cheese

Yield: 48 min
Total Time: 140 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-recipe-corn-husks>

Ingredients:

- 6 cups corn flour Maseca Tamal or Masa Harina, or ready-made masa, skip to fillings*
- 2 teaspoons salt
- 1 tablespoon baking powder
- 2 teaspoons garlic powder
- 1 teaspoon onion powder
- 2 cups lard or shortening
- 5 cups chicken broth or water/ combination
- 12 ounces corn roasted, slightly warmed and drained*
- 7 ounces diced green chiles can fire-roasted, drained
- 4 cups shredded cheese Mexican blend
- 4 ounces jalapeno diced, optional
- 8 ounces corn husks Tamale

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 14 grams
3. Cholesterol: 20 milligrams
4. Fat: 13 grams
5. Fiber: 2 grams
6. Protein: 4 grams
7. SaturatedFat: 5 grams
8. Sodium: 220 milligrams
9. Sugar: 1 grams

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